Safe Dates

Fidelity Instrument

The following instrument is designed to provide information about how you are implementing the Safe Dates curriculum. This information will be used as part of the Safe Dates evaluation for both program improvement (e.g., to modify sessions that are not well received or add to sessions that may be lacking in content), and to provide a context for interpreting the pre and posttest survey results.

There is one instrument for each of the 10 Safe Dates sessions. Please check to be sure you are completing the instrument that corresponds to the session you just completed. That is, if you just completed Session 1, be sure you are completing the instrument for Session 1. It is important that you complete the instrument as soon after each session as possible. Completing the instrument immediately after each session will help ensure that information about the session is still fresh in your mind. Please try to be as thorough and complete as possible when completing the instrument.

Thank you very much for taking the time to provide this important information.

Instructor's name: Community organization: Session date: Number of participants:				
	Session 1	: Defining Ca	aring Relationships	;
Please complete the follow	ng 7 questi	ons.		
1. How long did the session	n last?			
2. Please indicate to what e	extent you a	ddressed each	of the following Ses	sion 1 components
Part 1: Introducing the Safe I	Dates Curricu	ulum to Student	S	
Not at all	Somewhat	Mostly	Completely	
Part 2: What is Dating?				
Not at all	Somewhat	Mostly	Completely	
Part 3: Dating Bingo				
Not at all	Somewhat	Mostly	Completely	
Part 4 (Optional): Caring Ped	ple and Cari	ng Relationship	os	
Not at all	Somewhat	Mostly	Completely	
Part 5: How I Want to be Tre	ated			
Not at all	Somewhat	Mostly	Completely	
Part 6: Homework Assignme	nt			
Not at all	Somewhat	Mostly	Completely	
Part 7: Conclusion, Summary	of the Sess	ion		
Not at all	Somewhat	Mostly	Completely	

-	npletely" (i.e.,	•		e are components of s newhat," or "mostly"	Session 1 that were NOT), please help us
4. Do you feel t	hat you were	adequately traine	ed to impler	ment Session 1 as into	ended?
_	NO		_YES		
-		Question 4, pleas			or resources would have
5. Are there top	oics that you	covered during th	nis session	that are not part of th	e Safe Dates curriculum?
_		` •	· ·	•	topic and the activities to address each one.)
•		ere you in achiev Safe Dates curric	_	_	n 1 learner outcomes (as
Participants can	identify the qu	alities that are mos	st important	to them in a dating rela	ationship
Not at all su	ccessful _	Somewhat suc	cessful	Mostly successful _	Completely successful

Participants can identify actio	ns that are caring and suppo	ortive		
Not at all successful	Somewhat successful	Mostly successful	Completely successful	
Participants can describe how	they want to be treated by	a dating partner		
Not at all successful	Somewhat successful	Mostly successful	Completely successful	
Participants can describe how	they want to treat a dating	partner		
Not at all successful	Somewhat successful	Mostly successful	Completely successful	
Participants understand that t	hey can and should choose	how they'll be treated in a	dating relationship	
Not at all successful	Somewhat successful	Mostly successful	Completely successful	
Participants understand that t	hey can and should choose	how they'll treat a dating p	oartner	
Not at all successful	Somewhat successful	Mostly successful	Completely successful	
If you were less than "completely successful" in achieving any of these outcomes, please help us understand why.				
7. Is there anything else yo while implementing Session		ut the challenges and su	ccesses you experienced	

Instructor's nam	ie:		
Community orga	anization:		
Session date:			
Number of partic	cipants:		
	Session 2:	Defining Dati	ng Abuse
Please complete	the following 7 quest	ions.	
1. How long did t	he session last?		
2. Please indicate components.	to what extent you a	addressed each	n of the following Session 2
Part 1: Ground Ru	lles and Homework		
Not at all	Somewhat	Mostly	Completely
Part 2: Identifying	Harmful Behaviors		
Not at all	Somewhat	Mostly	Completely
Part 3: What is Ab	use?		
Not at all	Somewhat	Mostly	Completely
Part 4: Defining Al	busive Dating Relations	ships	
Not at all	Somewhat	Mostly	Completely
Part 5: Facts Abou	· ·		
Not at all	Somewhat	·	Completely
	n, Summary of the Sess		Completely
Not at all	Somewhat	Mostly	Completely

3. Based on your responses to Question 2, above, if there are components of Session 2 that you covered "not at all" or "somewhat," please help us understand why.				
4. Do you feel that you w	vere adequately trained to implement Session 2 as intended?			
NO	YES			
	to Question 4, please tell us what additional training or een helpful to you in implementing Session 2 as intended.			
5. Are there topics that y Dates curriculum?	ou covered during this session that are not part of the Safe			
No	Yes (If you check "Yes," please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)			
·—————————————————————————————————————				
·				

6. Overall, how successful were you in achieving each of the following Session 2 learner outcomes (as presented on page 43 of the Safe Dates curriculum manual)?

Participants can identify harmful dating behavior	rs
Not at all successful Somewhat successful	Mostly successfulCompletely successful
Participants can define physically and emotiona	lly abuse behaviors
Not at all successful Somewhat successful	Mostly successfulCompletely successful
Participants can identify physical and emotional	abuse in a dating relationship
Not at all successful Somewhat successful	Mostly successfulCompletely successful
Participants are more likely to identify abusive b	ehaviors as abusive
Not at all successful Somewhat successful	Mostly successfulCompletely successful
Participants are more aware of their susceptibilit	ty to dating abuse
Not at all successful Somewhat successful	Mostly successfulCompletely successful
Participants are more likely to reject abuse as no	ormal in dating relationships
Not at all successful Somewhat successful	Mostly successfulCompletely successful
If you were less than "completely successful please help us understand why.	I" in achieving any of these outcomes,

7. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing Session 2?				

Instructor's name Community organ Session date: Number of partici	ization:		
	Session 3: \	Why Do Peop	le Abuse?
Please complete th	e following 7 questi	ons.	
1. How long did the	e session last?		
2. Please indicate t components.	o what extent you a	ddressed each	n of the following Session 3
Part 1: People Abus	se to Control and Man	nipulate Someor	ne
Not at all	Somewhat	Mostly	Completely
Part 2: Other Reaso	ons for Abuse		
Not at all	Somewhat	Mostly	Completely
Part 3: Consequence	es of Abuse		
Not at all	Somewhat	Mostly	Completely
Part 4: Warning Signs of Abuse			
Not at all	Somewhat	Mostly	Completely
Part 5: Conclusion,	Summary of the Sess	sion	

____Not at all ____Somewhat ____Mostly ____Completely

3. Based on your responses to Question 2, above, if there are components of Session 3 that you covered "not at all" or "somewhat," please help us understand why.				
4. Do you feel that you were adequately	trained to implement Session 3 as intended?			
NO	YES			
-	please tell us what additional training or ou in implementing Session 3 as intended.			
5. Are there topics that you covered du Dates curriculum?	ring this session that are not part of the Safe			
the activities	you check "Yes," please identify each topic and (e.g., discussion, role plays, invited speakers)			
used to addre	ess each one.)			

6. Overall, how successful were you in achieving each of the following Session 3 learner outcomes (as presented on page 57 of the Safe Dates curriculum manual)?

Participants can describe the controlling and manipulative functions of dating abuse				
Not at all successful	Somewhat successful	Mostly successful	Completely successful	
Participants can identify a	busive behaviors as a	abusive		
Not at all successful	Somewhat successful	Mostly successful	Completely successful	
Participants can choose r	not to believe commor	n misperceptions of why	dating abuse happens	
Not at all successful	Somewhat successful	Mostly successful	Completely successful	
Participants understand the	nat dating abuse is a s	serious matter		
Not at all successful	Somewhat successful	Mostly successful	Completely successful	
Participants understand th	nat abuse is not the vi	ctim's fault		
Not at all successful	Somewhat successful	Mostly successful	Completely successful	
Participants can describe relationships	the serious short- and	d long-term consequend	ces of abusive	
Not at all successful	Somewhat successful	Mostly successful	Completely successful	
Participants can identify the partner	ne warning signs that	a person is a victim of a	abuse or is an abusive	
Not at all successful	Somewhat successful	Mostly successful	Completely successful	
If you were less than "coplease help us understa	-	ıl" in achieving any of	these outcomes,	

7. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing Session 3?

Instructor's name: Community organi Session date: Number of particip			
	Session 4:	: How to Help	Friends
Please complete the	following 7 quest	ions.	
1. How long did the	session last?		
2. Please indicate to components.	what extent you a	addressed each	of the following Session 4
Part 1: Why Don't Pe	ople Just Leave?		
Not at all	Somewhat	Mostly	Completely
Part 2: Why Is It Hard	d to Get Help?		
Not at all	Somewhat	Mostly	Completely
Part 3: How to Help a	a Friend		
Not at all	Somewhat	Mostly	Completely
Part 4: Community R	esources		
Not at all	Somewhat	Mostly	Completely
Part 5: Conclusion, S	Summary of the Ses	sion	

____Not at all ____Somewhat ____Mostly ____Completely

3. Based on your responses to Question 2, above, if there are components of Session 4 that you covered "not at all" or "somewhat," please help us understand why.				
4. Do you feel that you were adequately trained to implement Session 4 as intended?				
NOYES				
4a. If you answered "No" to Question 4, please tell us what additional training or resources would have been helpful to you in implementing Session 4 as intended.				
5. Are there topics that you covered during this session that are not part of the Safe Dates curriculum?				
NoYes (If you check "Yes," please identify each topic an the activities (e.g., discussion, role plays, invited speakers)				
used to address each one.)				
used to address each one.)				

6. Overall, how successful were you in achieving each of the following Session 4 learner outcomes (as presented on page 71 of the Safe Dates curriculum manual)?

Participants can recogniz the many different opinion	• •		abusive relationship and
Not at all successful	Somewhat successful	Mostly successful	Completely successful
Participants can recogniz have in reaching out for h	•	or that a friend in an ab	usive relationship may
Not at all successful	Somewhat successful	Mostly successful	Completely successful
Participants can describe	a variety of ways to s	upport a friend who is	a victim of dating abuse
Not at all successful	Somewhat successful	Mostly successful	Completely successful
Participants can describe relationships	the community resou	rces available for teens	s in abusive dating
Not at all successful	Somewhat successful	Mostly successful	Completely successful
Participants are able to serelationship	eek help if they're victi	ms of abuse or are abo	usive partners in a dating
Not at all successful	Somewhat successful	Mostly successful	Completely successful
If you were less than "c please help us understa		ıl" in achieving any o	f these outcomes,

7. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing Session 4?				

Instructor's name: Community organization Session date: Number of participants:	ո։		
	Session	5: Helping Fi	riends
Please complete the follow	wing 7 quest	ions.	
1. How long did the session	on last?		
2. Please indicate to what components.	extent you a	addressed each	n of the following Session 5
Part 1: Elijah's Story			
Not at all	Somewhat	Mostly	Completely
Part 2: Zoey's Story			
Not at all	Somewhat	Mostly	Completely
Part 3: Being a Friend			
Not at all	Somewhat	Mostly	Completely
Part 4: Conclusion			
Not at all	_Somewhat	Mostly	Completely
3. Based on your response that you covered "not at a			there are components of Session 5 nelp us understand why.

4. Do you feel that	you were ad	equately train	ed to implement Se	ession 5 as intended?
	_NO		_YES	
4a. If you answered resources would h		· •		<u> </u>
5. Are there topics Dates curriculum?	_ No the a	_Yes (If you cl	neck "Yes," please discussion, role pla	e not part of the Safe identify each topic and ays, invited speakers)
outcomes (as pres	ented on pag	je 83 of the Sa	fe Dates curriculun	·
victim of dating abus	, ,	that indicate the	eir friend might be ai	n abusive partner or a
Not at all successf	ul Somew	hat successful _	Mostly successful	Completely successful
Participants feel mo	re comfortable	e confronting a	friend who is abusive	e in a dating relationship
Not at all successf	ul Somew	hat successful _	Mostly successful	Completely successful
Participants underst	and how to su	ipport a friend ii	n an abusive relatior	nship
Not at all successf	ul Somow	hat successful	Moetly successful	Completely successful

If you were less than "completely successful" in achieving any of these outcomes, please help us understand why.				
7. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing Session 5?				

Instructor's name Community orgai Session date:			
Number of partici	pants:		
	Session 6: Over	coming Gende	er Stereotypes
Please complete the	ne following 7 questi	ions.	
1. How long did th	e session last?		
2. Please indicate components.	to what extent you a	ddressed each	of the following Session 6
Part 1: Introduction			
Not at all	Somewhat	Mostly	Completely
Part 2: Unfair Expe	ctations		
Not at all	Somewhat	Mostly	Completely
Part 3: Images and	Where They Come F	rom	
Not at all	Somewhat	Mostly	Completely
Part 4: Associations	3		
Not at all	Somewhat	Mostly	Completely
Part 5: Gender Ster	reotypes		
Not at all	Somewhat	Mostly	Completely
Part 6: Stereotyping	g Leads to Abuse		
Not at all	Somewhat	Mostly	Completely
Part 7: Conclusion			

_____Somewhat ____Mostly ____Completely

____Not at all

3. Based on your responses to Question 2, above, if there are components of Session 6 that you covered "not at all" or "somewhat," please help us understand why.				
4. Do you feel that you w	vere adequately trained to implement Session 6 as intended?			
NO	YES			
_	to Question 4, please tell us what additional training or en helpful to you in implementing Session 6 as intended.			
5. Are there topics that y Dates curriculum?	ou covered during this session that are not part of the Safe			
No	Yes (If you check "Yes," please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)			

6. Overall, how successful were you in achieving each of the following Session 6 learner outcomes (as presented on page 93 of the Safe Dates curriculum manual)?

Participants understand t	hat they and other peo	ople hold specific images	of dating relationships
Not at all successful	Somewhat successful	Mostly successful	Completely successful
Participants can describe relationship	how the images peop	ole hold influence their inte	eractions in a dating
Not at all successful	Somewhat successful	Mostly successful	Completely successful
Participants can identify t	he harmful consequer	nces of gender stereotypin	g
Not at all successful	Somewhat successful	Mostly successful	Completely successful
Participants can explain t	he role that gender st	ereotyping plays in dating	relationships
Not at all successful	Somewhat successful	Mostly successful	Completely successful
If you were less than "c please help us understa		ul" in achieving any of th	ese outcomes,
7. Is there anything else you experienced while i	•	ell us about the challeng on 6?	es and successes
		-	

Community organ Session date: Number of particip	ization:		
	Session 7: Ho	ow We Feel, H	ow We Deal
Please complete the	e following 7 quest	ions.	
1. How long did the	session last?		
2. Please indicate to components.	o what extent you a	ddressed each	of the following Session 7
Part 1: Extending Yo	our Feeling Vocabula	ry	
Not at all	Somewhat	Mostly	Completely
Part 2: Hot Buttons			
Not at all	Somewhat	Mostly	Completely
Part 3: Knowing Who	en You're Angry		
Not at all	Somewhat	Mostly	Completely
Part 4: Calming Stra	tegies		
Not at all	Somewhat	Mostly	Completely
Part 5: Dealing with	Your Anger		
Not at all	Somewhat	Mostly	Completely
Part 6: Conclusion			
Not at all	Somewhat	Mostly	Completely

3. Based on your responses to Question 2, above, if there are components of Session 7 that you covered "not at all" or "somewhat," please help us understand why.				
4. Do you feel that yo	u were adequately trained to implement Session 7 as intended?			
N	OYES			
_	No" to Question 4, please tell us what additional training or been helpful to you in implementing Session 7 as intended.			
5. Are there topics th Dates curriculum?	at you covered during this session that are not part of the Safe			
N	Yes (If you check "Yes," please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)			

6. Overall, how successful were you in achieving each of the following Session 7 learner outcomes (as presented on page 107 of the Safe Dates curriculum manual)?

Participants can express the	eir feelings or emotion	ons in various ways		
Not at all successful	Somewhat successful	Mostly successful	Completely successful	
Participants understand the	importance of acknowledge	owledging and commu	unicating their feelings	
Not at all successful	Somewhat successful	Mostly successful	Completely successful	
Participants can identify situ	uations that trigger th	neir anger		
Not at all successful	Somewhat successful	Mostly successful	Completely successful	
Participants can identify phy	ysiological and psycl	hological cues that the	ey're angry	
Not at all successful	Somewhat successful	Mostly successful	Completely successful	
Participants can identify a v	ariety of nonviolent	ways to respond to an	ger	
Not at all successful	Somewhat successful	Mostly successful	Completely successful	
Participants understand tha	t they have a choice	in how to respond to	anger	
Not at all successful	Somewhat successful	Mostly successful	Completely successful	
Participants can increasingl	y use nonviolent res	sponses to anger		
Not at all successful	Somewhat successful	Mostly successful	Completely successful	
If you were less than "completely successful" in achieving any of these outcomes, please help us understand why.				

7. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing Session 7?				

Instructor's name Community organ Session date: Number of partic	nization:		
S	Session 8: Equal Pow	er Through (Communication
Please complete the	he following 7 question	S.	
1. How long did th	e session last?		
2. Please indicate components.	to what extent you add	ressed each c	of the following Session 8
Part 1: The Four Sa	AFE Skills for Effective Co	ommunication	
Not at all	Somewhat	Mostly _	Completely
Part 2: Identifying (Communication Skills		
Not at all	Somewhat	Mostly _	Completely
Part 3: Role-Playing	g Communication Skills		
Not at all	Somewhat	Mostly _	Completely
Part 4: What if it Do	pesn't Work?		
Not at all	Somewhat	Mostly _	Completely
Part 5: Conclusion			
Not at all	Somewhat	Mostly _	Completely

3. Based on your responses to Question 2, above, if there are components of Session 8 that you covered "not at all" or "somewhat," please help us understand why.				
4. Do you feel that you v	were adequately trained to implement Session 8 as intended?			
NO	YES			
_	' to Question 4, please tell us what additional training or een helpful to you in implementing Session 8 as intended.			
5. Are there topics that y Dates curriculum?	you covered during this session that are not part of the Safe			
No	Yes (If you check "Yes," please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)			

6. Overall, how successful were you in achieving each of the following Session 8 learner outcomes (as presented on page 119 of the Safe Dates curriculum manual)?

Participants can describe	the four SAFE commu	unications skills for resc	olving conflict
Not at all successful	Somewhat successful	Mostly successful _	Completely successful
Participants can demonst	rate the use of the fou	r SAFE communication	skills
Not at all successful	Somewhat successful	Mostly successful	Completely successful
Participants can describe communicate in a way the	•	onses when a dating pa	artner doesn't
Not at all successful	Somewhat successful	Mostly successful _	Completely successful
If you were less than "c please help us understa	_	l" in achieving any of	these outcomes,
- 		·	
7. Is there anything else you experienced while i	•		nges and successes

Instructor's name: Community organi Session date: Number of particip	zation:		
	Session 9: Prev	enting Data Sex	ual Abuse
Please complete the	e following 7 questi	ons.	
1. How long did the	session last?		
2. Please indicate to components.	o what extent you a	ddressed each of	the following Session 9
Part 1: Sexual Assau	ılt Facts		
Not at all	Somewhat	Mostly	Completely
Part 2: Paying Attent	ion to the Signs		
Not at all	Somewhat	Mostly	Completely
Part 3: Interpreting S	iigns		
Not at all	Somewhat	Mostly	Completely
Part 4: Precautions			
Not at all	Somewhat	Mostly	Completely
Part 5: Conclusion			

____Not at all ____Somewhat ____Mostly ____Completely

3. Based on your responses to Question 2, above, if there are components of Session 9 that you covered "not at all" or "somewhat," please help us understand why.			
	ou were adequately trained to implement Session 9 as intended?		
N	OYES		
•	No" to Question 4, please tell us what additional training or e been helpful to you in implementing Session 9 as intended.		
Dates curriculum?	at you covered during this session that are not part of the Safe		
N	Yes (If you check "Yes," please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)		

6. Overall, how successful were you in achieving each of the following Session 9 learner outcomes (as presented on page 131 of the Safe Dates curriculum manual)?

Participants understand the	nat victims of dating s	exual abuse are never	to blame
Not at all successful	Somewhat successful	Mostly successful	Completely successful
Participants understand the	nat rape is always una	acceptable	
Not at all successful	Somewhat successful	Mostly successful	Completely successful
Participants understand a	nd can interpret "no"	cues correctly	
Not at all successful	Somewhat successful	Mostly successful	Completely successful
Participants know how to	protect themselves in	a potential rape situati	on
Not at all successful	Somewhat successful	Mostly successful	Completely successful
Participants can state the	ir sexual boundaries o	clearly to their dating pa	urtner
Not at all successful	Somewhat successful	Mostly successful	Completely successful
Participants can describe assault or an abusive par	- ·	se their chances of bein	g a victim of sexual
Not at all successful	Somewhat successful	Mostly successful	Completely successful
Participants can identify c	ate rape drugs		
Not at all successful	Somewhat successful	Mostly successful	Completely successful
If you were less than "c please help us understa	-	ม่" in achieving any of	f these outcomes,

7. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing Session 9?				

4. Do you feel that you were adequately trained to implement Session 10 as intended	•
NOYES	
4a. If you answered "No" to Question 4, please tell us what additional training or resources would have been helpful to you in implementing Session 10 as intended.	
5. Are there topics that you covered during this session that are not part of the Safe Dates curriculum?	
NoYes (If you check "Yes," please identify each topic at the activities (e.g., discussion, role plays, invited speakers) used to address each one.)	
6. Overall, how successful were you in achieving the following Session 10 learner	
outcomes (as presented on page 145 of the Safe Dates curriculum manual)?	
outcomes (as presented on page 145 of the Safe Dates curriculum manual)? Participants will retain what they learned while participating in Safe Dates understand that victims of dating sexual abuse are never to blame	
Participants will retain what they learned while participating in Safe Dates understand that	ful
Participants will retain what they learned while participating in Safe Dates understand that victims of dating sexual abuse are never to blame	iful

If you were less than "completely successful" in achieving this outcome, please help u understand why.	S
7. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing Session 10?	
	_